

Roll the Dice Workout



Directions: All you need is two dice. Each workout should include at least 10 dice rolls, but you can do more based upon your fitness level. The sum of the two dice determines the activity that you do.

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| Roll a 2 → 200 jumping jacks | Roll a 9 → 20 skaters* |
| Roll a 3 → 15 front lunges* | Roll a 10 → 100 jump ropes |
| Roll a 4 → 15 high knees* | Roll a 11 → 15 butt kicks* |
| Roll a 5 → 15 push-ups | Roll a 12 → 15 burpees |
| Roll a 6 → 25 crunches | |
| Roll a 7 → 30 squats | |
| Roll an 8 → 40 mtn climbers* | |



*each side/leg